



# Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

## TOUCHING BASE



**\$7.5 billion regional impact**

From Staff

Commander, Navy Region Southeast, released the 2001 Regional Shareholders Report showing a \$7.5 billion economic impact of the Navy-Marine Corps team in Northeast Florida and Southeast Georgia. The significant increase over last year's report is due to improved payroll tracking procedures, as well as annual pay raises for military and civilian personnel, resulting in a payroll increase of \$311 million.

The report is available at [www.cnrsenavy.mil](http://www.cnrsenavy.mil). Click on "Command Info," then "Regional Shareholders Report," and then "1996-Present." In the "Region" section of the report you'll find the Executive Summary and an Excel spreadsheet that will detail the Fiscal Year 2001 figures for Naval Air Station Jacksonville, Naval Station Mayport, Naval Submarine Base Kings Bay, and U.S. Marine Corps Blount Island Command.

In addition to the increased economic impact, the Navy-Marine Corps team donated 650,620 volunteer hours to local community projects like United Way Day of Caring, Habitat for Humanity, and Adopt-A-School programs. More than 858 Sailors and Marines earned college degrees highlighting the success of educational opportunities available to our active duty personnel.

The Regional Shareholders Report has been produced annually since 1996 and continues to reflect the economic and community impact of the Navy-Marine Corps team.

# 'We are ready'

## Navy's Surgeon General visits NavHosp Jax

From Naval Hospital Jacksonville Public Affairs

Surgeon General of the Navy and Chief, Bureau of Medicine and Surgery Vice Adm. Michael Cowan visited Naval Hospital Jacksonville, Fla., and its Branch Medical and Dental Clinics at NavSta Mayport, Fla. and NSB Kings Bay, Ga. June 23-25.

Besides touring the hospital and area branch clinics, Cowan met with hospital and clinic leadership and held an all-hands Admiral's Call where he fielded questions and concerns from the troops and civilian staff.



Surgeon General of the Navy Vice Adm. Michael Cowan flies over Jacksonville returning to Naval Hospital Jacksonville after visiting Branch Medical Clinic Mayport, Fla. and Kings Bay, Ga.

Cowan, who was once stationed here, began his remarks at the Admiral's Call by saying, "NAS Jax looks great!" He also expressed his

pleasure at visiting Naval Hospital Jacksonville and the clinics. During his visit with the troops, he honored Naval Hospital Jack-

sonville's Radiology staff with a Letter of Commendation for their performance, dedication to duty

See SURGEON GENERAL, Page 9

## Dale Earnhardt Jr. stops by to visit with Jax Sailors

By JO2(SCW) Eric Clay  
Staff Writer

The "Future of NASCAR," Dale Earnhardt Jr. recently stopped by NAS Jacksonville on his way to Daytona Beach to spend time signing autographs and meeting Sailors and their families.

Nearly 300 people were on hand to greet Earnhardt when he arrived at the Auto Skills Center June 28.

"Everyone had something, either a picture or some sort of memorabilia with the number 8 appearing on them, hoping to be signed by Earnhardt," Bob Ahearn, Auto Skills Shop representative said. "People camped across from the Auto Skills Center in their cars." People drove from as far away as Pensacola to attend this event. Base police were called at 9 a.m. to assist with parking. Due to overflow, cars parked along Birmingham Avenue and on any available spot found. "We received more people than we expected, some figures have estimated around 500 and others say 350. I say we could have fit in a few more people," commented Ahearn.



Dale Earnhardt Jr. and friends make a special stop at NAS Jacksonville on their way to Daytona Beach.

Earnhardt graciously gave autographs to as many fans as possible. "The poor guy must have had writer's cramps by the time he finished," said Ahearn. "The autograph that struck me the most went on the inside of the door of a four-wheel drive pickup truck that was painted with Dale Earnhardt Sr.'s colors on one side and Jr.'s colors on

the other side," said Ahearn.

Besides the Auto Skills Center, Earnhardt toured Hangar 1000, the galley and the Sea Control Wing School.

He is currently ahead of the pack in the most popular driver poll taken by Grand Biscuit National Press Association with 300,000 votes. With the

turnout at his visit to NAS Jax, and the overwhelming response, it's easy to see why Fire Inspector, Doug Thomas said, "I thought the visit was a good idea, and I think more of Bush/NASCAR drivers should visit the military. I was a loyal fan of his dad - that's what I was telling him in his ear, and my son and daughter are loyal fans

of Jr. - like father like son."

Twenty-seven-year-old Earnhardt is the son of legendary racecar driver Dale Earnhardt Sr. who died in a car crash at the Daytona International Raceway, February 2001. Earnhardt is the driver for the Number Eight Budweiser Racing Team. His first Winston Cup victory was at Richmond International Raceway in 1999. He is participating in his third full year of Winston Cup racing. As of July 1, Earnhardt is in eighth place in the standings with a point count of 1,726 and an earning of \$1,829,510.

He is only one of four drivers to win multiple Bush Series championships. Also Earnhardt holds the record for highest earning for a single year in Bush Series racing.

AD1 Steven Butsack, Sea Control Wing School's Sailor of the Year, was in attendance to meet one of his favorite NASCAR drivers. Butsack was recently awarded a free pass to the Richard Petty Experience.

Dale Jr. is my favorite NASCAR driver and I am really glad that being in the Navy gave me the

See DALE JR., Page 10

## WEEKEND WEATHER



**FRIDAY 7/5/01**  
SCATTERED THUNDERSHOWERS



**SATURDAY 7/6/02**  
SCATTERED THUNDERSHOWERS



**SUNDAY 7/7/04**  
SCATTERED THUNDERSHOWERS

Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's Web site: <http://www.nlmof.navy.mil>

Celebrating Independence Day at the beach

Navy Band Southeast's MU2 Andy Haney belts out Lee Greenwood's "God Bless the U.S.A." to audience members during July 4 celebrations at the Sea Walk Pavilion.

Photo by JO2(SCW) Eric Clay

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## Safety Talk

# Explaining the meaning of complacency

From the Safety Office

One of the major changes to occur in the world of airline training over the past few years has been the emphasis on human factors.

Originally focusing on the pilot community, human factors has now spread into the training sphere of maintenance technicians.

An in-depth review of an aviation incident reveals time and again that a series of human errors (known also as a chain of events) was allowed to accumulate until the accident occurred. If a maintenance error was part of the chain of events leading to the accident and if we can diffuse what effected the technicians judgement, the accident will not happen.

Throughout industry accidents generally have a 20:80 ratio. That is 20 percent of all accidents are caused by the machine and 80 percent of all accidents are caused by the human element.

In attempting to understand the cause factors of an accident, and particularly in efforts to understand the chain of the events that precede an accident one word appears frequently - complacency. One human factor that can be dealt with without penalizing revenue is the insidious factor of complacency.

What, exactly, is complacency? Dictionaries describe it as being self-satisfied, a calm sense of well-being and security, self-satisfaction accompanied by unawareness of actual dangers or deficiencies. Or "unjustified self-satisfaction accompanied by a low awareness of the need for action or involvement", or as a psychologist would say, "A conscious or unconscious relaxation of one's usual standards in making decisions and taking action."

Complacency is an attitude - and attitudes govern the probabilities of our responding to certain incidents to a given set of circumstances. The good news is that like our other attitudes, complacency can be changed through a conscious and rational effort.

Because of the repetitive nature of a lot of aviation maintenance work, complacency is an ever-present danger. When a person becomes complacent his stress level for the task decreases, and consequently, so does his performance.

### Factors

The bogus parts industry is relying

on us to be complacent in our tasks and not being vigilant to the parts that are in our hands.

Neglecting personal safety items. How could anyone be so hasty or careless as to disregard their own life and limb by not using the personal safety gear that is available to them. If we find ourselves neglecting even the smallest item of personal safety it should be a strong clue that the signs of complacency are present.

### Safety nets

We have defined complacency and described its factors and chain of events; we are now in a position to discuss the safety nets.

To develop positive methods of preventing complacency we must keep ourselves aware. One of the first defenses is to keep your awareness level peaked, primed, and stimulated. Professional involvement. Staying abreast of our profession is an effective method of fighting complacency and prevents us from becoming stale and outdated.

Physical fitness. Being physically fit is an excellent defense for many of life's challenges. Physical fitness provides the endurance to protect against fatigue induced unawareness and poor decisions.

Plan ahead. Planning ahead provides a standard with which to measure progress toward a goal.

Training. Initial training, recurrent training including human factors training are fundamental to minimizing risk and preventing complacency.

Create challenges for yourself. How many snags can I find tonight? Have someone else double check your work if you find yourself doing a tedious task.

Face reality. We all must recognize that in aircraft maintenance we have little margin for error, and mistakes can result in injury or worse.

Errors or complacency can be lessened by always following the aircraft manufacture or approved aircraft inspection program checklist.

Do not attempt to do work from memory and never sign off work that you are not totally sure that you have indeed completed the task.

In summary, complacency is clearly a significant cause factor in accidents. By developing and implementing safety nets we can prevent, rather than have to cure, complacency.

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## Meet A Sailor...

AT2 MARIO RODRIGUEZ

**Job title/command:**  
NamTra

**Hometown:** San Juan, Puerto Rico

**Family Life:** Married

**Past Duty Stations:** NAS Pensacola, Fla.

**Career Plans:** To become a flight engineer and stay in the Navy with the P-3 community until I become an officer.

**Most Interesting Experience:** Being on a boat for 159 days...I think that's interesting enough.

**Words of Wisdom:** Only the sky is the limit.



## Meet A Civilian...

PATRICIA COLE

**Job title/command:**  
Military Pay Auditor

**Hometown:** New Orleans, La.

**Family Life:** Married to husband, John who is retire military. Have two sons, John and David.

**Past Duty Stations:** Thailand, England, Rome, North Carolina and New York.

**Career Plans:** To graduate from Tulane University.

**Most Interesting Experience:** My tour in Thailand, the people were interesting and friendly.

**Words of Wisdom:** Continue to strive for excellence in all things and to remember how important an education can play in your future.

## Home providers needed

The Child Development Center needs home providers. If you are an on-base resident, you will only need to be Navy-certified to become a Home Provider.

If you are an off-base resident, you will have to be state-certified as well as Navy-certified. This program is for dependent female and males. For more information, contact Cathy Yarbrough at 542-5434 / 5529 / 2472.

## CREDO

It's free! Give yourself the gift of a Navy CREDO Retreat. The next Personal Growth Retreat is Aug. 15-18. The next Marriage Enrichment Retreat is July 26-28. For more information, or to register, call CREDO at 270-6958.

## Jax Air News

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## First Coast honors Armed Forces reps

From left: Naval Reservist AO1 William Jones Jr., BM2 Curtis Taft, representing the U.S. Coast Guard, Sgt. Wayne Campbell representing the Marines, Sgt. First Class Stacy Burch, representing the Army, AT1 Joseph Frazer II attached to NAS Jacksonville, and BM1 Joseph Howard attached to Naval Station Mayport stand proudly as the 2002 First Coast Military Representative of the Year nominees. Howard was selected as Representative of the Year.



Photo by JO2 Jackey Bratt

## HEY MONEYMAN

### Hey, MoneyMan:

My chief told me that I should not use credit cards. That may be fine for him, but I don't make much money as an E-4.

I can't pay my bills every month so I have to get money someplace and I am afraid to use these payday loan places. Any suggestions?

### MoneyMan Sez:

You are SMART not to use payday loan places. They can be financial killers.

Credit card debt is also bad. What you should try to do is spend less money every month than you earn.

Getting out of debt is not easy, but once you do, you are well on the road to financial independence. According to one of my favorite books, *Personal Finance for Dummies*, there are seven good ways to resist the credit temptation:

- Get rid of your extra credit cards. More credit lines mean more temptation.

- Reduce your credit limit. You do not really have a credit limit as long as you are a profitable cus-

tomers for your bank. They like for you to charge as much as you will and then pay only the minimum balance. It's money in the bank - for them!

- Replace your credit card with a charge card or debit card. You will be less likely to overspend if you know you must pay in full every month.

- Never buy on credit anything that depreciates. You will pay more and have less.

- Think in terms of total cost. Sales people like to talk about weekly or monthly payments. It sounds better. Fifty dollars per week sounds better than \$2,600 per year.

When you are thinking about a major purchase, take a calculator, add it up, and include interest payments and upkeep.

- Stop the junk mail avalanche. Impulse buying, from the convenience of your home, is a real money-maker - for the seller.

- Limit what you can spend. Go shopping with a small amount of cash and no plastic or checks.

Credit cards are not bad.

The problem is knowing how to use them. If you pay off your credit card in full and on time each month, the credit card gives you a 30-day grace period on the money you owe and a good record of where the money goes each month. Credit cards are fine as long as you do not carry a balance.

More questions? Call hey MoneyMan at 778-8353.



## Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:

**Saturday** 5 p.m. - Catholic Mass  
**Sunday** 8:30 a.m. - Protestant Communion  
9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-noon.



# Local vet recalls ‘Lighter Than Air’ experiences

By JO2 Mike Jones  
Assistant Editor

As the giant German airship, Hindenburg, slowly made its descent into Lakehurst, N.J. May 6, 1937, many on the ground stared in amazement at the pride of the Third Reich.

A little after 7 p.m., as the swastika-embazoned zeppelin prepared to tie down, a sudden flash filled the sky and an instant later, the Nazi symbol of the future of travel crashed to the ground in a hydrogen inferno. The disaster, which claimed 35 lives, signaled the end of commercial airship travel.

However, U.S. Navy officials, realizing the potential airships offered for submarine reconnaissance, maintained a small fleet of less dangerous, helium filled blimps. At Lakehurst Naval Station, the Navy's Lighter Than Air program (LTA) was born.

This is where Joe Angeleri, fresh from Aviation Machinist's Mate A-School, found himself just two years after the Hindenburg disaster.

"I entered the Navy in 1938. After boot camp, I went to Machinist's Mate School and then Aviation Machinist's Mate School," he said. Out of his entire boot camp company, only Angeleri and a handful of others went on to further training. "I found out later the rest of my company went to a cruiser." The entire ship's company was lost when the cruiser was torpedoed during World War II. "I have a lot to be thankful for," Angeleri stressed.



Photo by JO2 Mike Jones

Retired Chief Aviation Machinist's Mate Joe Angeleri displays his U.S. Navy Airship Training School certificate. Angeleri served in the Navy's Lighter-Than-Air program during World War II.

While attending L T A School, Angeleri rose through the ranks at a speed rarely matched even today. "By going to L T A School, I was able to achieve the rank of chief petty officer in five years," he beamed.

He then joined his crew aboard a U.S. Navy "K-Type" nonrigid airship to begin patrols over the



Photo courtesy of Joe Angeleri

A U.S. Navy "K-Type" Nonrigid Airship lands aboard the USS Sicily. The landing was the first of its kind for naval blimps.

Atlantic. Cruising with an average speed of 35 miles per hour, Angeleri's blimp patrolled the waters of the North Atlantic keeping watch for German U-Boats that wreaked havoc on allied

face ships with the enemy ship's coordinates."

During some patrols, all radio communications were cut off. To relay messages to nearby surface ships, Angeleri's crew took a



Photo courtesy of Joe Angeleri

Retired Chief Aviation Machinist's Mate Joe Angeleri (back row, far right) with his airship crew aboard USS Sicily in 1943. The event marked the first successful landing of a Navy airship aboard an aircraft carrier.

some what natural approach.

"When we went out on patrol, we had to take six pigeons with us," he said.

"We were on a radio silence so we couldn't broadcast over airwaves." Blimp crews would scribble messages on scraps of paper that were then fastened to the pigeons' legs. The homing birds would then deliver the information, undetected, to the ships below.

LTA proved effective defensively and economically. However, at that time, a blimp could only fly a limited time before it needed refueling. Angeleri's blimp was selected to take part in an experiment: the first landing of a naval blimp aboard an aircraft carrier.

In 1943, his blimp safely touched down aboard the aircraft carrier USS Sicily (CVE-118) out in the Atlantic. "It was very successful," he remembered. "The water was very calm –

almost like glass, and there was no wind."

The Navy's LTA program continued after the end of World War II. The arrival of newer and faster aircraft signaled the end for blimp warfare. U.S. Navy airships were then utilized for various research programs, including extensive flights around Antarctica.

The program eventually ceased operation and the final LTA flight took place out of Lakehurst Aug. 30, 1962. "(Lakehurst) was really quite a place," Angeleri recalled. "Those blimps could detect anything below the surface. They did the job well."

Angeleri remained with LTA until 1945. After 21 years of service, he retired to the Jacksonville community after serving as leading chief petty officer for Patrol Squadron 18.

He now spends his time visiting various schools in Florida, recounting his experiences with LTA.

## NAS Multicultural Awareness Committee seeks members

By JO2 Jackey Bratt  
Staff Writer

Many Sailors would agree a diverse working group is good for an organization.

The disagreement lies in how far we go in attempting to foster this diversity. Is simply saying hello to a co-worker enough or would it be better to seek and understand the differences that that exist among co-workers?

The NAS Jacksonville Multicultural Awareness Committee was established to educate Sailors and their co-workers about the different cultures and genders that make up our fleet.

"We exist to educate, break down stereotypes of others, and to praise diversity," said AO1 Dwayne Short, president of the Multicul-

tural Awareness Committee.

Short explained the importance of having leadership as well as different commands represented at committee meetings and functions.

"Our junior Sailors look to the senior enlisted and officers to see what priority diversity falls under and how they respond accordingly, so it is vital that our higher ranks get involved," explained Short. People often feel appreciated when their uniqueness is recognized and valued. Short explained how every individual is a person of difference and it is imperative to celebrate the differences.

"It is also important to learn from others regardless of a cultural, age, or gender difference," he added.

The committee has taken on the challenge of celebrat-

ing all Department of Defense (DoD) cultural observances, such as, African American History Month, Asian-Pacific Islander Month, Native American Month, Hispanic Month, Women's History Month,

Jewish/Holocaust Month, and the Martin Luther King Jr. observance.

Getting and maintaining the Navy's diverse talent pool can build teamwork and lead Sailors to working in ways that maximize their

performance.

If you are interested in becoming a member of the NAS Multicultural Awareness Committee you are welcome to attend the weekly meetings which are held every Tuesday in Building

590 at 10 a.m. The next meeting is July 16.

The committee is preparing for their second annual Multicultural Fair on Aug. 29 at Sea King Park at 10 a.m. For more details, call 542-8053.

# Bagby to retire today

By Staff

Capt. Steven Bagby, former Naval Air Station Jacksonville executive officer, will retire from active naval service in a ceremony at Hangar 117 on base today.

Bagby, a native of Johnson City, Tenn., graduated from East Tennessee State University in June of 1977 with a bachelor of science degree. After graduation, he entered naval service as an Aviation Officer Candidate and was commissioned an Ensign in November 1977. Upon completion of flight training, he was designated a Naval Aviator in March 1979.

Bagby's initial assignment was with HSL-36. He served in HSL-36 until September 1982, and completed deployments to the Mediterranean and North Atlantic aboard USS Elmer Montgomery (FF 1082) and USS Tiptoe (FF 1085) as detachment maintenance officer.

In October 1982, he reported to HSL-31 as an instructor pilot. He served in the maintenance department as Quality Assurance officer and Maintenance Control officer.

In April 1985, Bagby reported to HSL-33 and was assigned as officer-in-charge of Detachment Nine aboard USS Fife (DD 991), making an Indian Ocean deployment, and then served as Squadron Safety officer.

Following this tour, he reported to Naval Military Personnel Command, Director of Distribution (N-4) as a rating assignment officer, responsible for the detailing of all enlisted aviation technical ratings. During the last seven months of his duty, Bagby was assigned to the Armed Forces Inauguration Committee's Protocol/Military Assistant Directorate, where he provided military liaison for the immediate members of the first and second families during the inauguration of the President of the United States.

In April 1989, he reported back to HSL-33. He served as officer-in-charge of Detachment 6B aboard USS Sterett (CG 31), forward deployed to Subic Bay, Philippines, and Squadron Operations officer. During this tour, he was selected as HSL-33 Officer of the Year for 1990. From February 1991 to July 1992, Bagby served as the last executive officer of



Photo by JO2 Jackey Bratt

Capt. Steven Bagby (center), former NAS Jacksonville executive officer stands with Cmdr. Robert Stewart, NAS Air Operations officer and ABH2 Dwan Smith, following Bagby's final flight on the base July 8.

HSL-31, the West Coast Fleet Replacement Squadron for LAMPS Mk1. During this tour he became the second pilot in LAMPS Mk1 history to accumulate 4,000 hours in the SH-2F.

After his tour in HSL-31, he attended Air War College at Maxwell Air Force Base in Montgomery, Ala. He reported to HSL-46 as executive officer in November 1993, and in March 1995, he assumed command of HSL-46's "Grandmasters."

Following this initial command tour, he was assigned as part of the commissioning crew of USS Bataan (LHD 5), where he served as air boss.

He served as the commanding officer of HSL-40, the East Coast LAMPS Mk III Fleet Replacement Squadron. Bagby assumed the duties of the executive officer Naval Air Station Jacksonville in April 2000.

He is married to the former Donna Miller of Johnson City, Tenn. They reside in Atlantic Beach with their daughter, Casey, and son, Sam.



Capt. Robert Curry and wife Carol drive off after the retirement ceremony held on June 25.

# Naval dentist says goodbye

By JOC Bill Austin  
HSD PAO

On June 25, a retirement ceremony was held for Capt. Robert Curry of the Naval Healthcare Support Facility (HSD).

Curry, a long-time naval dentist, retired after 31 years of service. During the ceremony, Curry thanked his friends, shipmates and family for their support during his distinguished career.

Afterwards, he and his wife, Carol and walked down the carpet once again. They then climbed into his classic Model "T" Ford and drove away.

Curry was raised in Oklahoma City, Okla. and graduated from Northeast High School in 1960. He attended Central State College in Edmond, Okla. and received a bachelor of science degree upon graduation in 1964. He entered Baylor University's College of Dentistry in 1965, and was commissioned an ensign on Aug. 22, 1966.

In November 1966, he was promoted to lieutenant junior grade and completed the Officer's Indoctrination Course at the U.S. Naval Officer's Indoctrination School, Newport, R.I. in July 1967.

In May 1969, Curry graduated with a Doctor of Dental Surgery Degree and was promoted to lieutenant and selected for a one-year internship, which he completed at Portsmouth Naval

Hospital, Portsmouth, Va. in June 1970. Upon leaving, he was assigned to the USS America (CVA-66). Afterwards, he left active duty and established a private dental practice in Chickasha, Okla.

In August 1974, he returned to active duty at Naval Dental Clinic, Charleston, S.C. where he augmented into the regular Navy. He served there until he was selected for advanced training and reported to Bethesda, Md. and completed a two-year residency in comprehensive dentistry in the National Naval Dental Center. Upon completion of residency training, he was ordered to the Third Force Service Support Group in Okinawa, Japan where he served for one year as clinic director of Camp Courtney Dental Clinic and was promoted to commander in March 1979.

In July 1979, he reported for duty at the Marine Corps Air Station, Yuma, Ariz.

In July 1983, he was assigned as dental department head, USS Frank Cable (AS-40) homeported in Charleston, S.C.

In August 1985, he reported to Naval Dental Clinic, Jacksonville. After serving at the Headquarters Clinic, he was selected as director, Branch Dental Clinic, NAS Cecil Field and promoted to captain in September 1987.

In July 1989, he reported to Naval Dental Clinic,

Yokosuka, Japan. Upon completion of his tour in June 1992, he served at the Bureau of Naval Personnel as senior assignment officer for Navy Dental Corps Officers and assumed command of Naval Dental Center, Jax from Aug. 12, 1994 until July 18, 1997.

Curry completed his Navy career while serving as Director, Centralized Credentialing and Privileging for the Naval Healthcare Support Officer, Jacksonville.

Curry and his wife, Carol have two children, Jennifer and Christopher, and plan to stay in Jacksonville.

# NLSO gets new commander

By Renee Bentley  
Legal Administration Assistant

Capt. Joyce King relieved Cmdr. Orlando Ruiz-Roque as commanding officer, Naval Legal Service Office Southeast (NLSO-SE) on June 19 at a change of command ceremony held at the CBQ Pavilion.

King was born in Dallas, Texas, and grew up in Albuquerque, N.M. She enlisted in the Naval Reserve while in college at the University of California at Berkeley, receiving her bachelor of arts degree in English in 1977. She was a yeoman second class petty officer when commissioned as an ensign in the Judge Advocate General (JAG) Student Program in 1979. While attending law school at the University of San Diego, she attended Officer's Indoctrination Course and served three internships at NLSO San Diego. She received her Juris Doctor degree in 1982 and graduated from Naval Justice School in 1983.

King's JAG career began at NLSO Subic Bay, Republic of the Philippines, where she served as defense counsel, trial counsel, command advice and international law attorney. Among the first counsel on Mobile JAG teams, she traveled to ships in the Indian Ocean, Gulf of Oman, and South China Sea. In 1985, she reported to USS Lexington (AVT-16). In addition to serving as the Command Judge Advocate, she qualified as Combat Information Center Watch officer, Junior Officer of the Watch and Junior Officer of the Deck.

In 1988, King reported to Commander, Naval Surface Force, U.S. Atlantic Fleet, serving as Assistant Force Judge Advocate. In 1991, she reported to Naval Legal Service Office, Memphis, where she served as the executive officer for two years and officer-in-charge for one year, after centralization of NLSO commands. During this tour, she was sent on Temporary Additional Duty to the U.S. Naval Academy where she served as Senior Defense Counsel for the legal team defending 133 midshipmen accused in a major cheating scandal.

She reported to the Naval War College in 1994, and received her master's degree in National Security and Strategic Studies in 1995. King then reported to Commander, Carrier Group One, in San Diego, Calif. for the second time



Cmdr. Orlando Ruiz-Roque

in her career, she underwent aviation physiology training to attain certification for non-crew status for jet aircraft. She also qualified as Battle Watch officer during her tour. In July 1996, she was deployed to the Persian Gulf as part of the Commander In Chief, Pacific's, Fly-away Joint Force Air Component Command in the aftermath of the bombing of Khobar Towers.

King reported to Naval Special Warfare Command in 1997, serving as the Force Judge Advocate until June 1999. She reported to U.S. Southern Command, in Miami, in June 1999, and served as both assistant and deputy Staff Judge Advocate until June 2001. She served as Legal Counsel to the Naval Inspector General until June 2002.

Ruiz-Roque was born in Cidra, P.R. and raised in Dover, N.J. He was commissioned an ensign in the Judge Advocate General's Student Program in 1982. He received his Juris Doctor degree from Suffolk University Law School, Boston, in 1984 after graduating from Upsala College, East Orange, N.J., in 1981.

Following Naval Justice School, Ruiz-Roque was assigned to NLSO Jacksonville. He served as Defense and Senior Trial Counsel, and Head, Legal Assistance Department. In 1987 he was assigned as Staff Judge Advocate, Commander, Cruiser-Destroyer Group 12, Mayport, and deployed with the USS Dwight D. Eisenhower (CVN-69) Battle Group. In 1989, he reported to Naval Air Station Cecil Field, as Staff Judge Advocate until reassigned in 1991 to Naval Legal Service Office Detachment, Roosevelt Roads, as officer-in-charge.

He was awarded a Master of Law degree, with distinction, in International and Comparative Law from Georgetown University Law Center in 1995, and



Capt. Joyce King

reported to Office of the Judge Advocate General, International and Operational Law Division. In 1996, he was selected for assignment to U.S. Southern Command to support Panama Canal Treaty negotiations, and the command's mission in National Security Strategy maritime and counter-drug matters.

During his tour, Ruiz-Roque led judicial reform assistance programs throughout Central and South America, and earned designation as a Foreign Area Officer, Western Hemisphere. For his work with the Venezuelan Armed Forces in 1998-1999, he was awarded the "Honor Al Merito" insignia by the Judge Advocate General of Venezuela.

In June 2000, Ruiz-Roque earned a master's degree in National Security and Strategic Studies from the Naval War College, and reported as executive officer, NLSO SE in July.

He is a member of the Massachusetts and Florida Bars.

As commanding officer, NLSO SE, Ruiz-Roque had many responsibilities, including one detachment in Mayport, and three branch offices, in Charleston, S.C.; Kings Bay, Ga.; and Roosevelt Roads, P.R. NLSO SE consists of three client-focused regional departments, defense, personnel claims, and legal assistance; and the administration department.

While Ruiz-Roque's tenure as commanding officer was temporary due to gapped rotations of the outgoing/incoming commanding officers, he enhanced the top-quality legal services provided by NLSO SE to thousands of Sailors, retirees and their families. Through his inspirational leadership, he provided continuity, ensuring the command's high morale never faltered, zealously guiding the men and women of NLSO SE during the five-month gap.

# Home providers needed

The Child Development Center is still looking for home providers. If you are an on-base resident, you will only need to be Navy-certified to become a Home Provider.

If you are an off-base resident, you will have to be state-certified as well as Navy-certified.

This program is for dependent female and males.

For more information about this program, contact Cathy Yarbrough or Ingrid Robinson at 542-5434 / 5529 / 2472.

# ‘Red Lions’ headed overseas for six months

By Lt. j.g. Ryan Hayes  
HS-15 PAO

The world famous “Red Lions” of HS-15 recently departed for a six-month deployment aboard USS George Washington, as a component of Carrier Air Wing 17 (CVW 17). As result of the Sept. 11 attack, the George Washington Battle Group accelerated its work-up schedule, and departed on cruise two months earlier than planned. The “Red Lions” answered the challenge and excelled in all areas of training and readiness. The hectic training scheduled prior to deployment prepared them for every threat that they

may be encounter. During training, flight crews experienced the high desert altitudes of Fallon, Nev., and the tropical heat of the Caribbean. Often flying around the clock, aircrews improved proficiency in all aspects of HS mission tasking, including Antisubmarine Warfare, Antisurface Warfare, Combat Search and Rescue, and Naval Special Warfare. Meeting every maintenance requirement throughout the COMPTUEX/JTFEX phase, “Red Lion” maintainers worked tirelessly to ensure combat-ready assets were ready to deploy. Every Sailor contributed long hours and made many sacrifices

that were instrumental in the squadron’s success and readiness for cruise. Despite the long hours and time away from home, HS-15 received the CNO’s Retention Award for the second quarter FY03 and frocked 23 new petty officers this spring. HS-15 would not be ready to answer the call to duty without the hard work of the entire “Red Lion” team. The USS George Washington Battle Group is scheduled to relieve the USS John F. Kennedy Battle Group in the ongoing war on terrorism. The “Red Lions” of HS-15 are poised and ready “at the tip of the spear” to support missions in support of Operation Enduring Freedom.



Photo courtesy of HS-15  
A HS-15 lands onboard USS George Washington. The squadron recently departed for a six-month deployment aboard USS George Washington, as a component of Carrier Air Wing 17.

# VP-5 takes part in multi-national training

By Lt.j.g. Brett Staples  
VP-5 PAO

The “Mad Foxes” of VP-5 recently had the opportunity to participate in BALTOPS 2002. BALTOPS is the largest annual multi-national military training exercise held in all of Europe. Conducted in the Baltic Sea, international air, surface and subsurface naval assets work together to hone tactical procedures. Ten countries in all participated in this international exercise whose theme was “A Partnership for Peace.” VP-5 and the other U.S. Navy units present had the unique opportunity to operate

with naval forces from Denmark, Estonia, France, Germany, Great Britain, Holland, Poland, Russia, and Sweden. VP-5 sent two Combat Aircrews and a maintenance detachment to Nordholz, Germany for 11 days as representatives of the Navy’s maritime patrol and reconnaissance force. Joining the “Mad Foxes” were aircrews from VP-45 and VP-10. Germany, France and Sweden also contributed their maritime patrol aircraft to the exercise. The aircrews were able to demonstrate the P-3C’s wide range of capabilities as they flew numerous missions in support of Anti-Submarine Warfare, Anti-Surface Warfare and defensive

mining operations. The “Mad Foxes” flew more than 77 flight hours during the course of seven different missions. On separate occasions, both VP-5 aircrews were able to successfully track the highly advanced Swedish AIP SSK submarine. The aircrews’ acoustic operators attribute a great deal of their success to the training they have received during their current Inter-Deployment Training Cycle (IDTC). The true spirit of international relations was evident as one mission involved a “Mad Fox” aircraft conducting ASW operations with a Russian naval ship acting as its Air Coordinator. Working side-by-side with such an unlikely part-

ner was an exciting and interesting experience for all involved. There were many other challenging, yet rewarding experiences as the aircrews interacted with a number of foreign nations’ naval assets. The success of the flights was due, in part, to the hard work of the dedicated “Mad Fox” maintenance team. They put in long hours to ensure the aircraft were ready to meet all operational requirements. While in Nordholz, the “Mad Foxes” were hosted by their German maritime patrol counterparts, Atlantique Squadron One, who provided them with maintenance facilities, as well as tactical and logistic support. Proving to

be exceptional hosts, the German Squadron held a barbeque, which was attended by many of the participating nations. The occasion provided all with a well earned break from the rigors of the exercise, and more importantly an opportunity to interact with each other on a personal level. It was a great cultural exchange as stories and experiences were shared over authentic German food. BALTOPS 2002 was truly an international event. The success of the annual exercise proved how a multi-national force can combine its efforts and work to together in an effective “Partnership for Peace.”

# VS-24 recognizes Sailor of Month

By PRAA Shane  
Grimmett  
VS-24

PR1 (AW) Richard Miller was recently recognized as Sailor of the Month for April for his hard work and dedication to VS-24. As Orange Air Detachment leading petty officer, Miller excelled beyond his required duties assisting the Power Plants work center in the removal and replacement of a throttle cable on the Scout 706.

Additionally, Miller provided help with the replacement of an air turbine start valve. Within the same month, he performed a 308/616-day special inspection, for which he was a collateral duty quality assurance representative (CDQAR) on Scout 710. Thanks in part to his hard work; the two aircraft were returned to full mission capable status. When asked about his main concern during these operations, Miller replied, “I wanted to make sure that the job was done correctly the first time.” As an Aircrew Survival Equipmentman, Miller was not required to perform those tasks. “I knew that I



Photo courtesy of VS-24  
Cmdr. Brian Luther presents PR1(AW) Richard Miller with his Senior Sailor of the Month certificate.

was helping my shipmates get an important job done, and that’s all that mattered to me,” he said. Growing up in Gladstone, Mo., Miller was a typical teenager. He joined the Navy as a way to bring

structure and self-discipline into his life. He has spent his entire career striving to be an asset to the Navy. He and his wife, Theresa, and two daughters, Samantha and Alexandra. With only a little over two years remaining at VS-24, Miller plans to provide his assistance in any way possible, especially to the younger Sailors. “Always remember this is a team concept, and the instant you stop helping your team, you and your team will fail. You are part of a great Navy family, take care of each other,” said Miller.



# Splash!

## Takin' a dip with the NAS Jax aquatic program

By Kaylee LaRocque  
Staff Writer

It's a chance to laugh, get a little wet, but more importantly it's a time to learn some skills that might someday save their lives.

Each morning at the NAS Jax outdoor pool groups of children gather together in different sections to greet their instructors for a daily session of swim lessons. Most are accompanied by their mothers or caregivers who anxiously wait on the sidelines to offer an occasional cheer for their accomplishments.

As the instructors present the daily activities to the children they gradually ease their way into the water. A short time later, the students are happily splish-splashing away, learning how to kick, float, blow bubbles and swim.

"It is so amazing to see young children who are completely petrified of being in the water, just hop in after a couple of lessons. Many of them wouldn't even get in and now they love it. It makes this job very rewarding," said Andrew Roland, a water safety instructor who is on summer break from college.

The classes begin at the infant level with a class called "Baby and Me." The babies enrolled in this classes range from 6 months up to 3 years. A parent participates in different group activities, games and songs. It helps the babies learn to kick and splash and to not be afraid of the water," explained Brandi Armstrong, captain of the outdoor pool and a certified instructor.

The actual swim lessons consist of seven different levels. The first level, called "Water Exploration" teaches basic aquatic skills without parental participation. Once the child is comfortable in the water with the instructor, they can continue through the levels. Level Two teaches fundamental skills such as putting their faces in the water, bobbing and walking in chest deep water. The next level prepares students to learn some basic strokes and to float.

"In our Level 4 class, the children are taught several specific strokes, learn to dive and should be able to swim across the pool on their own," said Armstrong.

When students get to Levels 5, 6 and 7, the classes are called "Club Team" classes. "These classes are just like swim team practices but a little less formal. They do a whole lot of lap swimming using the fly, back, breast, side-strokes and freestyle. It gets them in shape so they can compete on school swim teams," said Katie Renninger, one of the club team instructors. "It's really hard, but they really love it."

There is also an adult swimming class available for those who are learning to swim or just wish to improve their skills.

For those swimmers looking to enhance their skills and improve speed and endurance, an adult fitness swim club meets each Tuesday and Thursday from 4:30-5:30 p.m.

Each level is based on a child or adult's swimming ability. Classes are open to all active duty, retirees, reservists and their family members. There is however, an extensive waiting list especially during the summer months. "We try to add classes to accommodate our waiting lists, but we also have to keep the classes to about five or six kids per instructor so they get the individualized attention they require," said Julie Caudill, aquatic director. "Summer of course, is our busiest time, but we do offer classes at the indoor pool throughout the year."

All classes held on base are part of the American Red Cross Learn to Swim Program. "This program is different from classes held out in town. Each of our instructors is required to go through 36 hours of training to become certified. Once they complete the training, the new instructors must teach two swimming sessions alongside a certified instructor. I am so proud of all my instructors, they are doing a tremendous job," stated Caudill, who trains all her employees and certified



Tyler Annis gains some confidence going down the slide with Water Safety Instructor Drew Bell. When the youngster began his swimming class a couple weeks ago, he was petrified of going down the slide. During the class, it soon became one of his favorite activities.

Water Safety Instructor Chester Rowe monitors Bailey Borland as she swims a lap during the Level 3 class.

Water Safety Instructor Andrew Roland gives his group of students instructions on their next exercise.

the new ones each year. Currently there are nine flex-instructors working at both the indoor and outdoor pools.

"They are the best instructors I've ever seen. All the mothers seem to agree that they are absolutely wonderful. They treat the children with kid's gloves when they need it, they teach them different exercises and take them down the slide. I've seen so many that were scared to go in and now they love it," said Sandy Annis, who has two children currently taking Level Two classes.

"They have so much patience with these kids and do such a wonderful job teaching them" added Laura Gibson, who has four children enrolled, including an infant in the "Baby and Me" class.

Classes run in two-week sessions throughout the year. The cost is \$30 per

Aqua Aerobics Instructor Brandi Armstrong gives a deep-water aerobics class instructions on an exercise. Aqua aerobics are offered in both the shallow and deep end of the pool.

# Splash!

Katie Renninger, a water safety instructor monitors a class of club team swimmers.

An aqua aerobics class does scissor kicks across the pool.



Water Safety Instructor Drew Bell helps a student learn some basic swimming skills during a Level 2 class.

A student learns to float on her back with the help of Water Safety Instructor Andrew Roland.

*Photos by  
Kaylee LaRocque*

A.J. Hanks, a water safety instructor at the base pool gives a quick motivational speech to a student in her Level 2 class as he adjusts his goggles.

## GOIN' SWIMMIN': A day at the pool, a cool respite

From Page 6

session for one or two registrations, \$25 per session for three to four registrations or \$20 for five or more.

Other classes offered are the aqua aerobics classes which are free to anyone who wants to join in.

"We teach both shallow and deep aqua aerobics. The deep water aerobics offer a much better workout because you can't touch the bottom of the pool," said Armstrong, also a certified aqua aerobics instructor. "I enjoy teaching the shallow aerobics more because many of the students are elderly. They have so much motivation. I really like working with them."

Deep aqua aerobics are held

Monday through Thursday from 9:30-10:30 a.m. at the outdoor pool, and Monday, Wednesday and Friday from 5:30-6:20 p.m. at the indoor pool. Shallow classes are held Monday through Thursday from 11 a.m. to noon at the indoor pool and from 4:30-5:20 p.m. Monday, Wednesday and Friday.

The outdoor pool is open seven days a week from 11 a.m. to 6 p.m. The indoor pool is open for lap swimming each day from 6-8 a.m. and 11 a.m. to 1 p.m. Recreation swimming is open from 4:30-8 p.m.

The outdoor pool is also available for rent for pool parties after normal hours.

For more information about any classes or to rent the outdoor pool, call 542-3720. For questions about the indoor pool, call 542-2930.

# NAVAIR Depot Jax military recognized

By Susan Brink  
NavAir Depot Jacksonville Public Affairs  
Specialist

On June 18, Commanding Officer Capt. Karl Yeakel, Naval Air Depot Jacksonville (NavAir Depot Jax), recognized several of the Depot's active-duty military. Capt. David Beck, executive officer, read the citations, and joined Yeakel in congratulating all of the recipients.

Certificates of Appreciation (COA) were presented for the generosity shown and enthusiasm in support of the 2001 CCAR Holiday Party. Recipients of the

COAs were: Cmdr. Edward Harter, AFM John Bendor, AMC Randy Coates, and PR1 Robert Colgan.

Letters of Appreciation (LOA) were presented for the professionalism displayed in the planning, coordinating, and flawless execution of the NavAir Jacksonville's 33rd Change of Command ceremony held on Jan. 25. Recipients of the LOAs were: Cmdr. Joseph Bartley, Cmdr. Edward Harter, and AFM John Bendor. Yeakel also presented each of them with a command coin and personally thanked them for a job "exceptionally" well done.

AMC Randy Coates received a

Certificate of Appreciation from the United Service Organizations (USO) in recognition of his dedicated voluntary service to the men, women and families of our military and local community during "Paint the Town 2002."

The National Defense Service Medal was presented to AK2 Malcolm Jeffcoat and SK2 Douglas Barth. There were two recipients of the Military Outstanding Volunteer Service Medal. Capt. Stephen Clarke was presented the award for outstanding public service with the Boy Scouts of America, the Young Men's Christian Association and the United Methodist Church for

the period from Jan. 1, 1993 to May 1, 2002. YN1 Larry Brown was presented the award for outstanding public services performed with the Arlington Young Men's Christian Association (YMCA), Jacksonville Police Athletic League (PAL), Lake Lucina Youth Association, and the City Rescue Mission for the period from Sept. 1, 1998 to June 1, 2002. Yeakel congratulated Clarke and Brown on the exemplary leadership in the community by the volunteer efforts they have demonstrated.

The Navy and Marine Corps Commendation Medal (NMC) was presented to AMC Jerry Freeze

Jr. for meritorious service while serving as airframes leading Chief Petty Officer, Airframes Quality Assurance representative, and flight engineer, Special Projects VP-2 from November 1999 to March 2002.

Lt. Cmdr. Terry Hart received a Gold Star in lieu of a third NCM from Commander, Patrol and Reconnaissance Force Atlantic while serving as mission commander, training officer, assistant administration officer and Aircraft Division officer for Special Projects VP-1 from July 1999 to October 2001.

AM1 John Jensvold was frocked to first class petty officer.

## New look at Navy Lodge

The newly renovated Navy Lodge is open and ready for customers. The spacious new rooms come equipped with a kitchen and couch. Rates start at \$54 a night for up to five persons. For reservations call 1-800-NAVY-INN.



Photo by JO2 Jackey Pratt

## CV-TSC promotes newest first class

By AK2(AW) Lamonte Strauther  
CV-TSC Ashore Public Affairs Officer

Carrier Tactical Support Center (CV-TSC) Ashore recently held a frocking ceremony for their newest Petty Officer First Class IT1(SW) Curtis Rutledge.

Attending the ceremony were CV-TSC personnel, Rutledge's wife LaWanda, his daughter, Taylor, and CV-TSC Ashore Assistant Officer-in-Charge Lt. Cmdr. Mike Terhaar, who frocked

Rutledge and emphasized the increased responsibility that comes with the promotion.

Rutledge hails from Johnson City, Tenn., and has been in the Navy for seven years. "I credit my wife's support for this advancement. She stepped up when I needed her, and would care for our 8-month old daughter allowing me the required time for daily study," said Rutledge.



Photo by AK2 Lamonte Strauther  
Carrier Tactical Support Center Officer in Charge Lt. Cmdr. Mike Terhaar frocks IT1(SW) Rutledge to his present rank.

## Cancer patients need your assistance

Dear folks:

This is a special request from your USO. If you or anyone you know has any old scarfs, hats, kerchiefs, or wigs that you would like to donate to cancer patients, we are a collection point for these items.

The items will be cleaned, washed and ironed and distributed to the oncology offices in Jacksonville and the American Cancer Society.

There are a lot of women on chemotherapy (guaranteed to lose their hair) who cannot afford to purchase these items. The items will be provided free to these women.

The USO is located across the street from the Pass and Decal Office at the main gate.

For more information please call, 542-3028.

Sincerely,  
JoAnn Dilling, USO Program Coordinator

## NAVAIR Depot Jax celebrates with picnic

By Daphne Burke  
NAVAIR Depot Jax Public Affairs  
Specialist

On June 25, the Naval Air Depot Jacksonville's Civilian Employee Recreation and Welfare Committee (CEWRC) hosted a Teammate Appreciation Picnic at Sea King Park, the last event scheduled to close out June Teammate Appreciation Month. According to Charlie Martin, CEWRC President, approximately 400 Depot personnel attended the picnic.

"CEWRC did a wonderful job coordinating this event," said Depot Executive Officer Capt. David Beck. CEWRC volunteers grilled up hamburgers and bratwurst and provided all the fixings for a picnic lunch.

"This is a great time for people who work in different areas around the Depot to meet and get to know each other," said Henry Williams, electronics mechanic and CEWRC member.

"Not The Norm," a band comprised of three Depot employees and one retired Depot employee, entertained picnic attendees. Not the Norm members are: Mike Blanchard, retired, Dennis DeCancio, sheet metal mechanic, Norm Owings, sheet metal mechanic, and Rodger Erastain, electronic integrated systems mechanic.

Employees played horseshoes and volleyball and mingled with coworkers. One topic of conversation was the \$375 Teammate Appreciation Award that Depot employees received for their contribution to the success of the facility. The Depot was the proud recipient of three prestigious

safety awards: the Secretary of the Navy FY01 Award for Achievement in Safety Ashore and the NAVAIR and Chief of Naval Operations 2001 Aviation Safety Awards.

Curtis Merrit, machinist supervisor, said, "I'm going to buy my son a truck. \$375 won't pay for it, but it's a start." Others are planning to have a little fun with their money.

Most employees attending the picnic participated in a free CEWRC sponsored drawing for door prizes. Jeff Simoneaux, quality assurance specialist, won two tickets to Silver Springs Waterpark; and Jason Beers, preservation service, won two tickets to Arabian Nights.

The picnic was one of several scheduled events that took place at the Depot as part of Teammate Appreciation Month.

Other events included a visit by the Navy Band Southeast's Dixieland Band. The Dixieland Band toured the Depot on June 20, making stops at various locations throughout the Depot to entertain employees with musical favorites like *When the Saints Go Marching In* and *Mississippi Mud*.

Commander, Naval Air Systems Command, Vice Adm. Joseph Dyer stopped by the Depot on June 5 to talk with employees and express his gratitude for their continued support. In addition to the scheduled events, employees received Teammate Appreciation lapel pins sporting the new NAVAIR logo and mission cards. "We value our employees all year long," said Beck, "but it was great to dedicate the month of June to show our employees just how much they are appreciated."



# Red Cross seeks volunteers

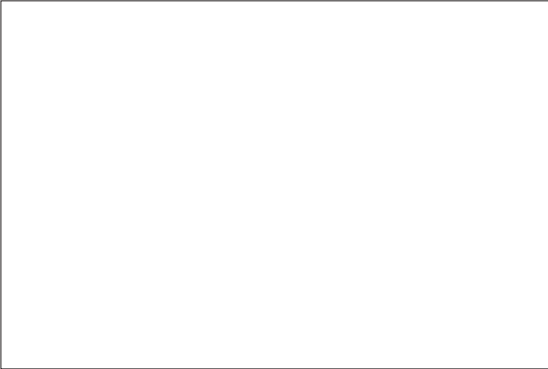


Photo by Loren Barnes

The Naval Hospital's visitor's parking lot shuttle cart service is operated by Red Cross volunteers. The service will soon expand to include a second shuttle cart and will also begin operating both mornings and afternoons. The Red Cross is currently taking applications for more volunteers to serve as drivers for the shuttle carts. The only requirements for shuttle cart drivers are that they be outgoing, eager to help and possess a current Florida driver's license. Volunteers are also needed to work other areas in the hospital such as at reception desks greeting and providing information for hospital guests. For information and applications for any of the Naval Hospital Red Cross volunteer opportunities call 542-7525.

# HELPING HANDS

## Volunteers needed to help kids ride horses

Hearts, Hands and Hooves has opened a new location on the Northside and they are in need of volunteers. Watch children's faces light up while you help them learn to ride a horse. Various evening and weekend shifts are available. Call Kim Fowler at 778-9697 for details.

## Assist with the Kingfish Tournament

Help is needed for the annual Bellsouth Greater Jacksonville Kingfish Tournament tomorrow and Saturday. Assist with answering calls, set-up, selling merchandise, weighing fish and much more. For more information call Peggy Collins at 743-5578.

## Beaches Triathlon slated

Triathlon volunteers are needed to help with the Beaches Fine Arts Series (BFAS) 16th Annual Fundraiser Triathlon on Saturday. BFAS provides performing and visual art and music free to the public in addition to educational outreach programs in area schools.

Volunteers will direct traffic to assure the safety of the participants and assist with set-up, registration, water/food distribution, race timing, tear down and much more. For more information call Karen Prewitt at 270-2074.

## Jacksonville Humane Society benefit

It's a "Toast to the Animals Wine Tasting" benefit on July 19. Help with registration and a silent auction. The minimum age is 21. Call Chris Whitney at 725-8766 Ext. 206 for details.

## Summer Camps

Camp I Am Special and Camp Promise are residential summer camps for children with disabilities. Volunteers are needed as activities assistants. Camps run different weeks now through

Aug. 2. Call Patrick Kennedy at 356-0810 for information.

Camp counselor positions are available at Community Connections. Summer day camps are running now through Aug. 2. Call Jo Johnson at 727-6460.

The Webb Center offers a back-to-school day camp July 15-26. It assists children and young adults with disabilities in arts and crafts, first aid/CPR instruction, computer classes cooking and child care classes. Call Jennifer Hatcher at 398-3029.

## Teacher Supply Depot 'Back to School Opening'

The Duval County Teacher Supply Depot needs 10-20 volunteers to help out on July 25 from 9 a.m. to 1 p.m. for the Depot's "Back to School Opening." Volunteers should report by 8:30 a.m. and stay as long as possible.

The Depot is located at the former John Gorrie Middle School at 2525 College Street. Lunch will be provided. For more information call Chris Buckley at 381-7480.

## March of Dimes Family fun Day

The Jacksonville Beach Town Center merchants have teamed up with the March of Dimes to host a family fun day at Neptune Beach on July 27. Volunteers are needed to supervise activity booths. Call Robin Sullivan at 398-2821.

## Bicycles needed

The Jacksonville Corvette Club is collecting bicycles for J.P. Hall Christmas Party in December which helps needy children. For more information call Cmdr. Rustie Hibbard at 542-8793.

# SURGEON GENERAL: Navy official tours area medical facilities

From Page 1

and excellent patient care. The Naval Hospital Jacksonville Alcohol Rehabilitation Center also received a BZ from the Admiral for their recent assistance to NavSta Guantanamo Bay, Cuba's substance abuse program.

In his remarks to the troops, Cowan spoke of the role of Navy Medicine. "No one does it like we do," he said. "We take care of Sailors, Marines and dependents all over the world... What we do is vital to the whole enterprise because a healthy force is one able to support the needs of our nation." And he observed that Navy medicine is living up to the challenge of keeping our forces healthy. "We are ready," Cowan said. "We were tested on September 11 and the Navy was ready when called."

The Admiral emphasized that the continued focus of our leadership in Navy medicine must be Readiness, Optimization and Integration. This focus is in line with the Chief of Naval Operations' Guidance for 2002: "Fight and Win" and reflects that Navy medicine is prepared to meet the challenges of our changing world. The new realities of that world, especially since September 11, require that we be ready to respond at a moment's notice. It also includes a shift in our mission to homeland security and increased coordination with other healthcare organizations including those in the

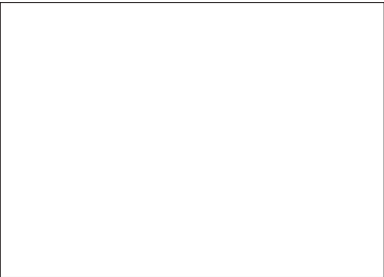


Photo by HM2(SW) Scott Morgan

Surgeon General of the Navy Vice Adm. Michael Cowan shakes hands with HA Christopher Hogans at Branch Medical Clinic Kings Bay, Ga. during his tour of Naval Hospital Jacksonville medical facilities.

other military services, civilian hospitals, the VA and TRICARE.

Navy medicine is being provided the resources necessary to face these new realities.

The admiral noted that "this is the first time in decades that Navy Medicine is adequately funded," but he reminded his audience that we still must continue to operate efficiently while getting the most from our finite resources. "This will require incorporating the best business practices and continued improvement in the skills of our medical men and women," he said.

Cowan spoke of optimization of staff and equipment.

He said, "There are many areas where Navy medicine has set the standard" but added there are areas where we (Navy medicine) can improve. "In those areas," he said, "leadership should take initiative and not wait on directives from Washington."

One area of special concern he said is perinatal services, an area that he said "is in dire need of being revamped." Naval Hospital Jacksonville has already identified this as an area where resources need to be invested and is taking action to enhance the hospital's perinatal product line and labor and delivery facilities. On the drawing boards is a \$2.5 million ren-

ovation of the 8th deck in the Naval Hospital's main building. This new Maternal/Infant Unit will feature private rooms for mothers of newborns following delivery. Construction should start this fall and be completed by next spring. This is just one of the hospital's initiatives reflecting a firm commitment to "Family Centered Care."

What is Family Centered Care? Capt. Ralph Lockhart, Naval Hospital Commanding Officer defined it in a recent Captain's Call as "delivering quality care as seen through the eyes of the patient." To fully involve our customers in this new Family Centered Care initiative, Naval Hospital Jacksonville is featuring the program as the topic of discussion at the next

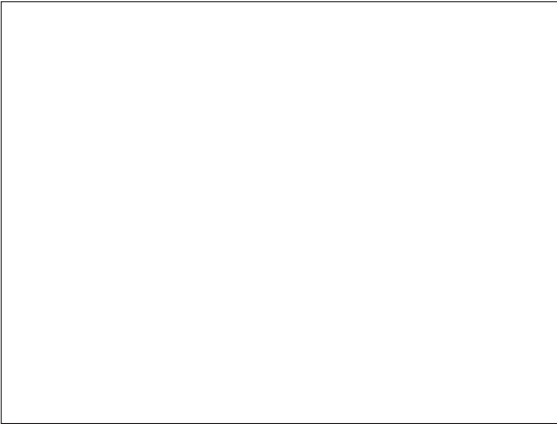
Naval Hospital Town Hall Meeting, scheduled for 2 p.m., July 16 at the Base Chapel. You the consumer are the center of this initiative and we need your input to shape the future of quality care delivery at Naval Hospital Jacksonville. From birth through the life span, you are the critical element to your health care delivery. You can help design the future of your medical care by telling us what services or care you would like to see in the future here.

Cowan also said, "We should embrace information technologies as tools." One project that he mentioned that Navy medicine professionals and customers should look forward to in the near future is the "E" Health Program. Naval Hospital Jacksonville is

currently planning new and exciting ways to involve our customers more fully in their own health management by making access to health related information, health care providers, prescription ordering, etc. as easy as going on line. Cowan suggested that Navy medicine customers and healthcare professionals can take a look at what's coming in this program by going online to [www.tricare-online.com](http://www.tricare-online.com).

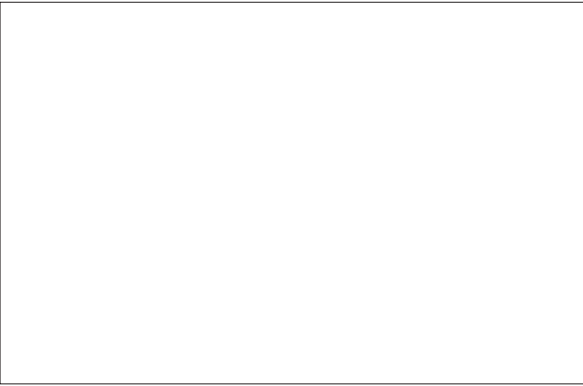
Returning to September 11 and its impact on the Navy community, Cowan encouraged everyone to stay focused on the mission at hand. He said to the troops, "I am very proud to be your Surgeon General and I have never been more proud to wear the cloth of our nation."

# Douse that fire!



HM2 Ornella Buccino puts out a simulated "Class Charlie" fire while Fire Inspector Doug Thomas looks on. The NAS Fire Department conducted fire extinguisher training for the Naval Healthcare Support Office (HSC) staff on June 27. Fire Inspectors Doug Thomas and Rick Vandersteen brought out the department's P-2000 Fire Trainer and conducted training on the various kinds of fires and the extinguishers used to put them out.

Photo by JOC Bill Austin



Photos by Joseph Straley

Dale Earnhardt Jr. prepares to sign the door of Budweiser Brewhouse's Rita Steiner's pick-up truck that has been painted to resemble his racecar.

## DALE JR.: Autographs and tour of NAS Jax

From Page 1

opportunity to meet him. I'm excited to get the chance to drive an official car as a part of the Richard Petty Experience," said Buttsack. The Richard Petty Experience is an 18-

lap, five-hour program that's broken into two nine-lap sessions. During the break the participant receives feedback from the pit road staff.

"His visit to the Auto Skills Center was great. It was one of the best events ever offered to our military members here," added Ahearn.

## FROM THE GALLEY

<b>Meal hours</b> <b>Monday through Friday</b> <b>Breakfast: 6 to 7:30 a.m.</b> <b>Lunch: 11 a.m. to 1 p.m.</b> <b>Dinner: 4:30 to 6 p.m.</b> <b>Saturday, Sunday and holidays</b> <b>Breakfast: 6:30 to 8:30 a.m.</b> <b>Brunch: 10:30 a.m. to 12:30 p.m.</b> <b>Dinner: 4 to 5:30 p.m.</b> <b>Meal costs</b> <b>Breakfast: \$1.60</b> <b>Brunch/Lunch: \$3.25</b> <b>Dinner: \$3.25</b>	<b>Friday Breakfast</b> Minced beef w/toast Hashed brown potatoes Oatmeal Boiled eggs Grilled sausage links Pancakes Omelets and eggs to order <b>Lunch</b> Parmesan fish Lyonnaise potatoes Steamed asparagus Corn chowder Ginger pot roast Steamed rice Lima beans Peanut butter cookies <b>Dinner</b> Salisbury steak Rice pilaf Green beans Chicken chow mein Scalloped potatoes Stewed tomatoes Chicken noodle soup <b>Saturday Breakfast</b> Baked sausage links Hashed brown potatoes French toast Omelets and eggs to order Corned beef hash Grits Boiled eggs <b>Brunch</b> Baked sausage links French fries Mixed vegetables Chili macaroni Coleslaw Old fashioned soup Eggs to order	<b>Dinner</b> Barbecue beef cubes Steamed noodles Steamed carrots Chicken mushroom soup Grilled ham steaks Parsley boiled potatoes Southern style green beans Pineapple sauce Coleslaw <b>Sunday Breakfast</b> Oven fried bacon Cottage fried potatoes Pancakes Eggs and omelets to order Grilled ham slices Oatmeal <b>Brunch</b> Eggs to order French fried onion rings Mulligatawny soup Steak and Cheese Subs Steamed broccoli <b>Dinner</b> Roast Pork Loin Duchess potatoes Green peas Baked chicken w/rice Buttered egg noodles Savory summer squash Beef noodle soup <b>Monday Breakfast</b> McMuffin sandwiches Hash brown potatoes Grits Omelets and eggs to order Creamed beef w/biscuits French toast puffs Boiled eggs <b>Lunch</b> Baked tuna, noodles Franconia potatoes
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Harvard beets Vegetable soup Salisbury steak Tossed green rice Glazed carrots <b>Dinner</b> Liver w/onions Rice pilaf Steamed succotash Zesty bean soup Creole chicken Baked potatoes Steamed broccoli <b>Tuesday Breakfast</b> Cottage fried potatoes Texas hash Rolled oats Grilled bacon Boiled eggs Pancakes Eggs, omelets to order <b>Lunch</b> Braised pork chops Buttered noodles	Green beans Parisienne Swedish meatballs Steamed rice Corn O'Brien Beef barley soup <b>Dinner</b> Oven fried fish Lyonnaise rice Vegetable supreme soup Macaroni/cheese Cantonese ribs Steamed carrots Herbed broccoli <b>Wednesday Breakfast</b> Home fried potatoes Farina Boiled eggs Eggs and omelets to order Grilled ham slices Blueberry pancakes Grilled bacon <b>Lunch</b> Stuffed fish filets	Steamed broccoli Minestrone soup Spaghetti noodles Spaghetti w/meat sauce Club spinach Garlic bread Orange rice <b>Dinner</b> Szechwan chicken Pork fried rice Vegetable stir fry Stuffed peppers Simmered egg noodles Beef tomato soup Southern fried okra  <i>Note: The food service officer is authorized to make changes to the general mess menu to provide substitutions for food items not in stock or to permit timely use of perishable stocks.</i>
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## FFSC offers educational and support programs

The Fleet and Family Support Center Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free of charge and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, x127 to register.

The following workshops are available during the month of July 2002:

July 16, 9-11 a.m. – What About the Kids?	July 23, 8 a.m. – 4 p.m. – Stress Management Workshop
July 16, 1-3 p.m. – The Basics of Budgeting	July 25, 8-11 a.m. – Anger Control Workshop
July 17, 9-11:30 a.m. – What a Difference a Dad Makes in the Life of a Child	July 25, 9:30 a.m. – Noon – Child Support Information Workshop
July 18, 6:30-9 p.m. – Ombudsmen Assembly	July 25, 1:30-3 p.m. – Volunteer Service Council
July 19, 9-11 a.m. – Car Buying Strategies	July 30, Noon – 4 p.m. – Divorce Adjustment Workshop (Bring Lunch Bag)
July 22-25, 7:30 a.m. – 4 p.m. – Transition Assistance Workshop	July 30, 11 a.m. – 1 p.m. – Budget for Baby Workshop
July 22, 9 a.m. – Noon – Florida Family Law Information Seminar	July 31, 1-3 p.m. – Savings and Investing
July 22, 9-11 a.m. – Money Management	
July 22 & 29, 1-5 p.m. – Assertive Communication Training (two parts)	

## JU SCAAT director retires

From the Navy College Office

Professor M.S.J. Greek, director of Second Career as a Teacher (SCAAT) retired July 1.

The new director is Dr. Gail Jaji, currently professor of education on the Jacksonville University campus. To contact her, write to School of Education,

Jacksonville University 2800 N. University Blvd, Jacksonville, Florida 32211. Her phone number is 744-3950 X7141. Her email is gjaji@ju.edu.

The next SCAAT class will start Aug. 26. It will be held in Chapel Annex at NAS Jacksonville. To register, call 744-3950 Ext. 7131.

# MWR NOTES

**Sing your heart out**

The NAS Jax Karaoke Contest is in full swing on Wednesday nights at the Budweiser Brew House. Each week a winner will be announced and on July 20 the winners from the previous weeks will compete in a sing-off. The contest is free to enter and open to all base personnel 18 and over. Call 542-5009 for more details.

**The Boxrockers in concert**

Check out the Boxrockers tomorrow night and July 26 from 6 - 11p.m. in The Zone parking lot. The show is free with lots of free food and beverage specials. The concert is open to all base personnel. Call 542-3521 for information.

**Cruise in November**

Active duty: enter to win a cruise for you and up to four family members! Visit [www.mwr.navy.mil](http://www.mwr.navy.mil) for details.

**Knock your socks off**

Cardio kickboxing classes are held Fridays at 5:30 p.m. at the Fitness Source. Call 542-3518 to sign up.

**Check out the new menu at The Zone**

Tired of the same old thing for lunch? The Zone has come to your rescue with their new menu. New items include daily homemade soups, salad bar, Reuben sandwich and chicken fajita pizza to name just a few. Come and try something new for lunch or dinner. For more information, call 542-3521 or 542-2209.

**Bingo events**

Come check out the hot specials at the Bingo Hall this week:

Mondays pay out is \$50 on part A and special games.

Tuesdays offer VIP drawings. You have the chance to win \$69 for computer, plus \$25 each time you yell Bingo.

Wednesdays are double lucky with double lucky balls, payout is \$300.

Thursdays change up Bingo to Bogo with buy one get one free and special games.

Fridays are for fun and \$50 payouts part A also featuring the one and only \$1,500 game.

**Back to school kid's Bingo**

"Mark" down July 20 for this year's back to school kid's Bingo. The cost is only \$10 per child and includes dauber, ten games of bingo and lunch. Doors open at 11 a.m. The prizes will consist of back to school items, tickets to local attractions and more

**CPO Club**

Settle back at your club and enjoy some great deals and fun. Members of the Monday Mug club can enjoy refills for \$1. Tuesdays and Thursdays enjoy Happy Hour with free munchies and beverage specials from 4 - 8 p.m.

**Free movies in the base theatre**

Friday, 7 p.m. - The Others (PG-13)

July 19, 7 p.m. - I Am Sam (PG-13)

July 20, 5 p.m. - The Princess Bride (PG)

July 20, 7 p.m. - Dinner Rush (R)

July 26, 7 p.m. - High Crimes (PG-13)

To read a description of these movies visit MWR online. Please do not leave children under 18 unaccompanied. No

alcohol is permitted in theatre.

**Treat yourself through I.T.T.**

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar. For more information stop in our office located adjacent to the Navy Exchange in Bldg. 953-A, or give us a call at 542-3318. Trips are open to all base personnel and their guests.

The following are upcoming events:

Sunday - Fishing trip: Come deep-sea fishing on Sunday for a 10-hour trip full of fun. Everything you need is included for \$66.75 for adults and \$61.75 for seniors.

July 20 - See Tallahassee: If you have never visited the capital then this is the time to go. Learn about local history and take a trip to Mission San Luis for only \$12.25.

Aug. 30 - Sept. 2 - Hot-Lanta: Getaway for Labor Day! Three nights hotel, and entrance fees to all the best attractions including Stone Mountain Park. Is only \$211.85 per person, based on double occupancy.

**Marina has rentals available**

Jet ski special: Now through Labor Day, the active duty rental rate is only \$25 per hour. We provide all the training you need at no cost.

Canoe and kayak rentals: The marina offers free canoe and kayak rentals to active duty military on Thursdays (on base use only).

During the months of July and August, the marina is offering 20 percent off boat rentals for active duty members Mondays through Thursdays. The marina also has a full line of camping and boating equipment for rent.

For more information, call 542-3260.

**Free basic auto repair classes**

The next class is July 18-19 at 6 p.m. Call 542-3227 to register.

**Dive into aquatics**

**Swimming Lessons**

The next session is July 22 - Aug. 2.

Lessons are offered in mornings and evenings.

Adult lessons: 7:15 - 8 a.m., active duty enrollment is free. Kids lessons 5-8 p.m. depending on level. Call 542-2930 for class times and descriptions.

**Youth Activities Center**

**offers events**

NAS Jacksonville Youth Activities offers a variety of events for your children to get involved with this summer. Call us at 778-9772 for more information on these events.

**Flying Club**

**still going strong**

The Jax Navy Flying Club is located on Herlong Road. The club offers great deals if you want to learn to fly. The club offers a FAA approved pilot school that offers a variety of programs from private pilot to airline transport pilot.

For more information about joining the club or upgrading your current license, call 786-4128 or 786-9293. Memberships are transferable to any DoD flying club in the world.

**Check out the RV Park**

Visit NAS Jax RV Park. Reservations are taken 60 days in advance with a 14-day minimum stay. Call 542-3227.

**Bowling at Freedom Lanes**

Wednesdays are free for active duty from 11 a.m. - 3 p.m. and the \$5 "all you can bowl" special lasts from 4-7 p.m.

**Special Events:**

Saturday: Scotch Doubles 9 pin no tap \$20 per team

Every Sunday is \$5 "All you can bowl" from 1:30-3 p.m. with possible bonus time. Specials will not be sold after 2 p.m. so show up early.

**Ladies golf clinic**

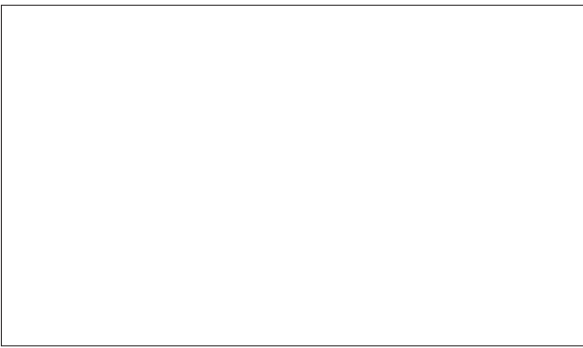
Hey Ladies! We've got a great thing going on just for you at the NAS Jax Golf Club. On Fridays at 4:30 p.m. for only \$10/week you can improve your present golf skills or learn new ones from our professional staff. You can also use the time to get together with friends and to socialize. Call 542-3249 for details.

**Yellow Water activities**

Friday night events:  
July 12- Movie night: free  
July 19, 5:30 p.m. - Roller Skating Trip \$7  
July 25- Water Field Games Saturdays:  
Dance Class- 10 - 11 a.m.

Visit MWR online at [www.nas-jax.navy.mil](http://www.nas-jax.navy.mil) and look for the tab marked MWR. This is your tab to unlimited fun. For questions or comments e-mail us at [mwrmtg@nasjax.navy.mil](mailto:mwrmtg@nasjax.navy.mil).

Don't Miss An Issue!



Photos by JO2 Jackey Bratt

Many classes are offered at the Fitness Source. It's a matter of finding out which one best suits your ideal workout.

## Fitness classes show results

By JO2 Jackey Bratt  
Staff Writer

Being physically inactive can be as damaging to your health as smoking cigarettes. Sailors often shun smoking because of the health implications. Why, then, aren't more Sailors willing to exercise?

Part of the reason may be the word "exercise." Exercise seems to imply rigid, "no-fun" workouts that make us huff and puff and sweat. Workouts also can be time-consuming: It's hard to find time in a busy day to get to the gym, change, work out, shower, change again, and drive home. Unfortunately, for many, exercise is viewed as an impractical burden that complicates rather than complements a busy life.

The NAS Jacksonville Fitness Source offers classes for both beginners and seasoned fitness patrons. This means you can set aside the boot-camp mentality of calisthenics in favor of physical activities that are less demanding and more enjoyable.

If looking at the weight rack just plain turns you off, remember that there are alternatives, one or more of which you will probably find to be really fun.

By way of cardio, for example, there's power walking, running, jogging, rowing machines, and the ever popular cycling, step, kickboxing, cardio-step, and body toning classes. Each class offers ways to tone the body. If it's muscle you're after, how about taking on the Power Flex class. Power flex is resistance training set to upbeat music and performed in a group setting.

The cardio-kickboxing class combines cardiovascular exercises with total body toning and conditioning to give you a fun interval workout. It is a non-contact workout incorporating sport specific techniques such as punch combinations, jump ropes, calisthenics, and various other techniques to help shape and tone your body muscles.

"We have set up classes to help individuals achieve

Teneka Mason works hard on maintaining her 'six pack.' Mason participates in aerobics classes year round.

and maintain a healthy lifestyle as well as have fun doing it," said Barbara Millhollan, director, Fitness Source.

Millhollan lobbied for a physical fitness assessment (PFA) preparatory class that is held at the base gym on Monday and Wednesday mornings at 6:45 a.m.

"This class is excellent for command fitness leaders because it allows for their command representatives to be taught fundamental fitness techniques that can be applied to boost PFA scores," said Millhollan. The goal is to provide a physical readiness program that best meets their needs while improving the operational readiness of the Navy.

Along with the fast, hard paced, and hard charged classes, patrons can also enjoy the mind relaxing and flexibility strengthening yoga class held on Fridays at 4:30 p.m.

Interest in yoga is surging throughout the fleet. This popular tradition has roots in India, dating back at least 5,000 years and it is a non-intrusive way of conditioning the entire body.

"Unique and multifaceted, yoga has been passed on to us by the ancient sages of India. Yoga's numerous health benefits, its potential for personal and spiritual transformation, and its accessibility make it a practical choice for anyone seeking physical, psychological and spiritual integration," said Millhollan.

Yoga assists us in integrating the diverse processes of how we see and understand the world and ourselves. It touches the physical, psychological, spiritual and mental realms that we

inhabit.

"I enjoy yoga because after a day's work, I am able to come in and relax at the end of the week," said Ensign Sara Vandyke, attached to Naval Hospital Jacksonville.

Vandyke along with other patrons enjoys all that the fitness source has to offer.

Located next door to the Fitness Source is the base gym. The gym offers a variety of cardiovascular equipment and also has a free weight room.

The gym is usually filled with basketball players who are ready for a pick up game at a moment's notice. There is also an Olympic sized swimming pool available for patrons. Both the Fitness Source and gym have full sized showers and dressing areas with lockers available on a daily basis.

"You only have one body and it is up to you to keep it in top shape, especially being in the Navy, where we as Sailors are expected to be at the highest performance and fitness levels" said Vandyke.

The American Heart Association recommends participating in some sort of cardiovascular physical activity for approximately 30 minutes, at least three times a week. Many chronic diseases can be prevented with modest exercise. A report from the Department of Health and Human Services confirm that "virtually all individuals can benefit from regular physical activity."

Sailors can take control of their fitness levels today. Stop by the Fitness Source or the base gym and get a start to a healthier lifestyle.



SPORTS STANDINGS

Sand Volleyball Standings as of July 2			Basketball Standings (contd.)			Intramural Golf Freedom League Standings (contd.)		
Teams	Wins	Losses	VP-5	2	2	NHSO	0	3
VP-30	9	0	VR-58	1	3	VS-24	0	4
VR-58	7	2	NCTS	1	3			
AIMD	7	2	SERCC	1	3			
ASTC	4	5	HS-7	0	4			
VS-24	3	6						
PSD Jax	2	7						
Wing Thing	2	7						
VS-32	2	7						
Basketball Standings as of July 3			Intramural Golf Freedom League Standings as of July 8			Intramural Golf Liberty League Standings as of July 8		
Team	Wins	Losses	Teams	Wins	Losses	Teams	Wins	Losses
TPU	4	0	Navy Band	4	0	VP-30	4	0
AIMD	3	0	VP-5	3	0	AIMD	3	0
VS-32	2	1	GEMD	3	0	VR-58	3	1
VP-30	2	1	NavAirRes	2	0	ASTC	3	1
VS-24	2	1	AIMD (B)	3	1	BICMD	1	1
NamTra	2	1	NamTra B	3	1	CPRW-11 (A)	2	2
			Wing 11	1	2	FACSFAC Jax	2	2
			FASO	1	3	HS-75	2	2
			FACSFAC 2	1	3	NavHosp	1	2
						VP-16	1	3
						VP-62	0	3
						NamTra 1011	0	4

JAX SPORTS

Sports officials and scorekeepers needed

The North Florida Military Officials Association looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers are also needed for basketball. Experience is not required. If interested, contact Al Vandercar at 282-0809.

Women's Softball Camp coming up

The NAS Jax Athletic Department will be hosting the All-Navy Women's Softball Training Camp July 12 through Aug. 4 at the McCaffrey Softball Complex.

Women's Armed Forces

Softball Championship slated

The NAS Jax Athletic Department will be hosting the Women's Armed Forces Championship at the McCaffrey Softball Complex Aug. 7-9. The opening ceremony will be on Aug. 7 at 9 a.m. and the first game will follow at 10 a.m. Games will be played Wednesday through Friday with two games in the morning starting at 8 a.m. and two games in the afternoon starting at 1p.m. Come check out the best of the best Armed Forces Women's Softball Teams and cheer your Navy team on to victory.

Intramural flag football meeting planned

This meeting will be held July 10 at 11:30 a.m. in the MWR Conference Room on the second floor of Building 590. The league will begin in August with rosters being due by July 26. The league is for NAS Jax active duty only.

Volleyball meeting scheduled

This meeting will be held July 24 at 11:30 a.m. in the MWR Conference Room on the second floor of Building 590. The league will begin in September with rosters being due by Aug. 9. The league is for NAS Jax active duty only.

Navy Southeast Regional

Running and Triathlon Team

Represent the U.S. Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as, transportation, entry fees, and lodging costs.

Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) race and your time must be one of top ten regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Qualifying Times			
5K	Men 19:00	Women 24:00	
10K	Men 34:00	Women 46:00	
Marathon	Men 3:30:00	Women 4:00:00	
Triathlon	Men 2:30:00	Women 3:00:00	
Triathlon time based on 1.5K swim, 10K run, 40K bike			

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-29303239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil. Visit the MWR website at www.nasjax.navy.mil

COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information call the Thrift Shop at 772-0242 or President Barbara Howard at 471-1444.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting, the second Tuesday of each month at 1 p.m. at the Orange Park Library. There will be meetings in July and August. Meetings will resume in September. For more information call 276-9415.

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information contact the Base Commander at rjrjax@attbi.com or 241-6222.

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7

p.m. at the VFW Post 7909 on Blanding Blvd. For more information call John Leisman at 779-7375.

Girl Scout Troop 333 meets every Wednesday from 7-8:30 p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited, adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

St. Joseph's New Directions is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month. The meetings start at 6:45 p.m. and are held in the Convent at St. Joseph's main church on Loretto Road. Call 268-1591.

Christian Fellowship Night will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m. every Tuesday night. Contemporary music, refreshments and bible study featuring a video study of Philip Yancey's "The Jesus I never knew" will be apart of the activities. For more information call 542-3051.

First Coast Black Nurses

Association's local meeting will be held on July 15, at 6 p.m. at Shands Jacksonville Hospital, 580 W. 8 Th. Street Tower II, The Blue Room (first floor next to pharmacy) Jacksonville, Fl. 32204. For more information contact at Janneice Moore 244-7950 or Juanita Harper 886-7363.

The Jacksonville Semper Fidelis Society will hold their monthly luncheon on July 17 at 11:30 a.m. at the Piccadilly Cafeteria near Regency Mall. For more information call Sharon Leahy at 545-0635.

A reunion for VP-11 is scheduled for Sept. 6-8 at NAS Brunswick, Maine. For more information contact retired Capt. E. Brittingham at captemb@eros.com or call (804) 342-8070.

The 2002 Memorial Reunion of USS Canberra (CA-70 and CAG-2) is scheduled for Sept. 19-22 in Falls Church, Va. For more information, email memcrew@aol.com or call Paul McManuels at (717) 737-2516.

JAX TALES

www.rickystour.com

By Mike Jones

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